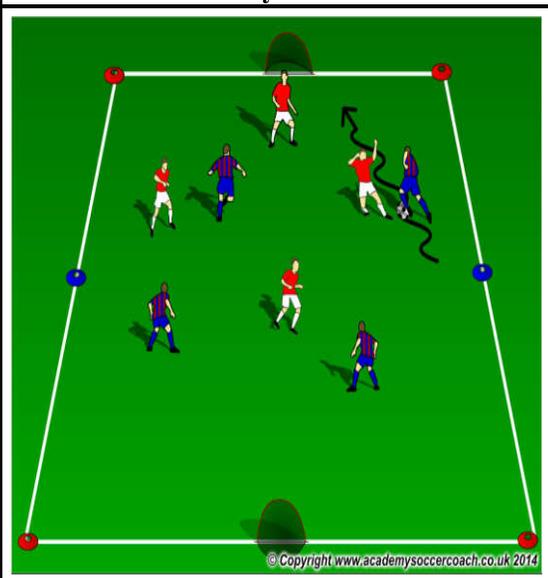




Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	<p>4 Surfaces: (8 Minutes) In a 15Wx20L grid. Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Inside, Outside, Laces and Bottom. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 seconds each with 25 seconds rest between rounds; new information can be provided during rest period 		<p>Coach (C) – What are the surfaces of the foot that a player can use to dribble? Player (P) – The inside, outside, laces and bottom of the foot. C - Why is it important to keep the ball close during this activity? P - Because you can't get as many touches on the ball if you have to chase it first.</p>
Activity 2	<p>Red Light/Green Light: (8 Minutes) All players are dribbling freely in a 15Wx20L yard grid. When the coach says "red light" the players must stop and put their foot on the ball. When the coach says "yellow light" the players must dribble slowly, and when the coach says "green light" the players must dribble fast.</p> <p>Coach: Control the frequency of light changes. Variation: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 25 seconds rest between rounds; new information can be provided during rest period 		<p>C – What parts of the foot do players use to stop the ball? P – The bottom or the inside of the foot. C – When the light turns green, where do players want to try to dribble? P – To empty space (where there are no other players) so you do not run into any other players.</p>

Let's Play the Game

Recommended Rules – *Your local rules may differ*



Possible Formations	3-1 (Diamond) or 2-2
Dimensions in Yards:	Wide: 30 max-20 min Long: 35 max-25 min
Ball	Size 3 or 4
Number of Players	4 Players per team on the field - No Goalkeepers needed
Referee	No Referee needed
Duration	Play 3 Games of 13 minutes each with 2 ½ minutes between games
Fouls and Misconduct	No cards (Yellow or Red) If a child misbehave you must sub him/her out of the game
Free Kicks	All free kicks shall be direct
Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
Out of Bounds – End Line	1. When the ball goes out of bound, please say RED LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. the defending team must be at least 4-5 yards away from the ball

U8



Week 2

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Dribble Tag: (8 Minutes) In a 15Wx20L yard grid, all players dribbling a soccer ball will try to tag each other with their hands. If a player leaves his/her own ball, you can tag their ball to get more points. (score is not as important as how they manipulate the ball)</p> <p>Coach: • Have players keep count of their own tags. Play more than one game and have players improve their tags by at least 1 more than before in each game. • Play 6 rounds of 1 minute each with 30 seconds rest between rounds.</p>		<p>Coach (C) - What parts of the foot do the players use to dribble? Player (P) - The laces to dribble forward and the inside and outside of your foot to change directions. C - Why is it important for the players to keep their head up? P - To find someone to tag or to avoid being tagged.</p>
Activity 2	<p>Ball Tag: (8 Minutes) in a 15Wx20L yard grid all players are dribbling a soccer ball . The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player or their ball.</p> <p>Variation: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p> <p>• Play 6 rounds of 1 minute each with 30 seconds rest between rounds.</p>		<p>C – What parts of the foot can the player use to strike the ball? P – The inside, outside, laces and toe. C - What can the players do to avoid being tagged? P - Change direction, change speed and jump.</p>
Activity 3	<p>Bandits 1: (8 Minutes) In a 15Wx20L grid, select 1or 2 players to be the Bandits. Their mission is to get any dribblers' ball, once the bandit gets a ball the player without the ball becomes the new bandit.</p> <p>Variation: When the bandit gets a ball, they must dribble it outside the grid. The player that lost the ball can regain it in the grid. If the ball goes outside of the grid both players are bandits.</p> <p>• Play 6 rounds of 1 minute seconds each with 30 seconds rest between rounds.</p>		<p>C – What can players do to protect the ball from bandits? P – Change direction, change speed or put your body sideways between the bandit and the ball (shielding.) C - Where should the ball be when shielding? P - On the furthest foot from the bandit.</p>
Activity 4	<p>Combat 1: (8 Minutes) in a 20Wx30L grid the coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the playing area, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.</p> <p>The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.</p> <p>• Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds</p>		<p>C – What parts of the foot should players use to change direction? P – Bottom, inside or outside. C – What parts of the foot can the player use to strike the ball? P – The inside, outside, laces and toe.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx30L yards with a 5yd. space between them in order to keep the majority of your team playing.	25 minutes

U8



Week 3

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Cross Over Dribbling: (8 Minutes) In a 15Wx20L yard grid and a 10x10 box in the middle. All players with a ball standing around the outer perimeter of the grid. When the coach says "GO" the players will try to dribble through the 10x10 square in the middle and to the other side of the grid. When they reach the other side, the players turn and dribble back to their starting spots. Variation 2: Have them reach the other side dribble through the square and go to another side. Variation 3: Do 10 toe taps once they got back to encourage them to stop the ball</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 20 seconds rest between rounds. 		<p>U8: Checking for Understanding</p> <p>Coach (C) - Which surfaces of the foot should you use to go around other players? Player (P) - Inside or outside to get by and laces to accelerate past. C - What surface of the foot do you use to drag the ball back? P - The bottom of the foot close to the toe; reach for the ball and pull it back while turning to go in the opposite direction.</p>
Activity 2	<p>Boston Bulldogs: (8 Minutes) In a 15Wx20L yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the city. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 20 seconds rest between rounds. 		<p>C - What is the fastest way to get across the dog pound? P - By looking for an open lane through the pound and pushing the ball through in as few touches as possible. C - When should you use a fake to get around the Bulldogs? P - When a Bulldog is blocking your way, you want him/her to think you are going one way but you go the other.</p>
Activity 3	<p>Capture the Balls: (8 Minutes) In a 15Wx20L grid with a small square in each corner. Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball (with their feet). They try to dribble into their home base. Once all the balls are out of the middle, players can steal soccer balls from their opponent's home bases and take them to their home. Coach: Call time and each team counts the balls they have collected.</p> <ul style="list-style-type: none"> • Play 5 rounds of 1 minute each with 45 seconds rest between rounds. 		<p>C - Why would you want to get the ball back home quickly? P - So you can find another ball to bring back. C - What do you do if you do not have a soccer ball? P - Steal one from another home and take it back to your home.</p>
Activity 4	<p>Up and Down Numbers Get "Outta" There: (8 Minutes) In a 15Wx20L yard grid. The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, with one small goal on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there". Players clear the field and the coach serves a new ball for the next group. Coach: play 1v2, 2v3, or 4v3. Vary the service.</p> <ul style="list-style-type: none"> • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C - If you have the ball, what choices do you need to make to help your team score? P - Should I pass or dribble or shoot? C - When would you use a drag back in this game to change directions? P - When I am close to a sideline, end line or facing my own goal.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx 30Lyards with a 5 yard space between them in order to keep the majority of your team playing.	25 minutes

U8



Week 4

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>6 Surfaces: (8 Minutes) In a 15Wx20L yard grid. Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces, Bottom, Toe and Heel. After the heel touch the players should have turned the other direction. Variation: change the order of the touches</p> <p>• Play 6 rounds of 1 minute each with 20 seconds rest between rounds.</p>		<p>Coach (C) - What are the surfaces of the foot players should use to touch the ball? Player (P) - Inside, outside, laces, sole, toe, and heel C - Why is it important for players to keep the ball close while trying to dribble? P - So they can move the ball in different directions quickly.</p>
Activity 2	<p>Freeze Tag 2: (8 Minutes) In a 15Wx20L yard grid. All players are dribbling a soccer ball. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen. Coaches: One coach may be the freeze monster while another is unfreezing players. Variation 1: Players can unfreeze each other by tagging them. Variation 2: Players can unfreeze each other by kicking the ball through their legs. • Play 6 rounds of 1 minute each with 20 seconds rest between rounds.</p>		<p>C - Why is it important to keep your head up while dribbling? P - So you always know where the freeze monsters are. C - When should players try to keep the ball close when dribbling? P - When there are other players around them and they you are close to a sideline.</p>
Activity 3	<p>Angry Birds: (8 Minutes) In a 15Wx20L yard grid. Select two players to be the Angry Birds. They will dribble around and try to tag any player without the ball. Once they tagged a runner, he or she becomes an Angry Bird and will go to get a ball and join the hunt. • Play 6 rounds of 1 minute each with 20 seconds rest between rounds. Rounds may be shorter if all players become Angry Birds.</p>		<p>C - Why should the Angry Bird keep the ball close to them? P - So they can change direction quickly C - What should the Angry Birds do with the ball if the runners are far away? P - Push the ball further away when dribbling to cover more space, quicker.</p>
Activity 4	<p>Combat 2: (8 Minutes) In a 20Wx30L yard grid. The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point. Variation: Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's. • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds</p>		<p>C - When should you dribble to the goal? P - When there is a clear path and I can score quickly. C - Why would you give the ball to your teammate? P - He/she may be in a better position to score.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing.	25 minutes

U8



Week 5

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Gate Dribbling: (8 Minutes) In a 15Wx20L grid set up many gates (two cones about 2 yards apart). All players have a ball and must dribble through the gate in order to score a point. Coach: Have the players keep count how many points they scored in 30 seconds. Repeat asking the players to beat their score by one or more points. You can also ask them to dribble with their left or right foot only. Version 2: Add "bandits" or defenders</p> <p>•Play 6 rounds of 1 minute each with 20 seconds rest between rounds.</p>		<p>Coach (C) - What surfaces of the foot should players use to dribble? Player (P) - Inside and/or outside when close to a gate for control and laces between gates to push the ball further in front of them. C – Why is it important for players to play with their head up? P – To see where the next gate is and to avoid other dribblers.</p>
Activity 2	<p>Dribbling Gates With Bandits: (8 Minutes) In a 15Wx20L yard grid. Set up several gates (two cones about 2 yards apart). Select 2-3 players to be the "Bandits"; they will try to steal the ball from the players trying to score points by dribbling through the gates. If the bandit steals the soccer ball he/she will try to score goals and the person without the ball becomes the bandit. Coach: See how many points each player can score and add a bonus if you have a ball at the end of each round.</p> <p>•Play 6 rounds of 1 minute each with 20 seconds rest between rounds.</p>		<p>C - What should players look for during the game? P - They should look for open goals to score in, and for the bandits so they can avoid them. C - What should players do after they dribble through a gate? P - Look over both shoulders for bandits and accelerate to the next gate.</p>
Activity 3	<p>Gates Passing: (8 Minutes) In a 15Wx20L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Coach: Players count how many points they score in a minute. Repeat and ask the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and use their favorite or weak foot. Variation: Add two defenders to guard the gates</p> <p>•Play 6 rounds of 1 minute each with 30 seconds rest between rounds.</p>		<p>C - When should players use the outside of their foot to score? P - When the gate is to their side, they can push the ball through with their toe pointed down and slightly in. C - What determines which gate to go to next? P - The person receiving the ball will choose and will try to take the ball to that gate in as few touches as possible.</p>
Activity 4	<p>4 Corner Dribbling Through the Goal (12 Minutes) In 15Wx20L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line. • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds</p>		<p>C - When should players try to beat a player by dribbling instead of passing? P - When there is space behind the defender and the second defender is not helping. C – Where should the player without the ball be in relation to their teammate? P – In a position to receive the ball with no defenders in the way.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx30LYards with a 5 yard space between them in order to keep the majority of your team playing.	30 minutes

U8



Week 6

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Crows & Cranes: (8 minutes)</p> <p>In a 15Wx20L yard grid divided in two halves. All Payers get a partner; one player is a Crow and the other is a Crane. Both players stand on the midline next to each other.</p> <p>When the coach calls Crows, players will dribble to their end line before the Cranes can tag them. Have the players stop their ball on the end line.</p> <ul style="list-style-type: none"> Play 15 rounds of 20 seconds each with 13 second break in between rounds 		<p>U8: Checking for Understanding</p> <p>Coach (C) - What surfaces should players use to dribble the ball?</p> <p>Player (P) - The laces to dribble forward quickly, and the inside or outside to change direction.</p> <p>C - Where should players try and dribble when passing through the cranes?</p> <p>P- Away from the cranes and into a lot of space</p>
Activity 2	<p>Boston Bulldog with Goals: (8 minutes)</p> <p>In a 15Wx20L yard grid. Divide your playing area in three sections. The shooting zone, the defending zone and the starting zone.</p> <p>Place at least 4 players in the starting zone with a ball behind the line. Have at least 3 defenders in the defending zone and in the shooting zone place 3 small goals, each 2 yards wide.</p> <p>When the coach says go the dribblers run into the defending zone if they go past the defenders they will be able to shoot into 1 of the 3 goals. If the defender gets the ball they switch places. Play to 5 goals</p> <ul style="list-style-type: none"> Play 5 rounds of 1 minute each with 20 second break in between rounds 		<p>C - When should players change direction and speed?</p> <p>P - If a bulldog is in front of the them, they change direction to face open spaces, and then change speed to accelerate past bulldogs.</p> <p>C - When should players shoot for the goal?</p> <p>P - As soon as they are close enough to shoot the ball through the goal with your laces.</p>
Activity 3	<p>Bandits 2: (7 minutes)</p> <p>In a 15Wx20Lyard grid. Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to one of the two hideouts. The dribbler can take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p> <ul style="list-style-type: none"> Play 5 rounds of 1 minute each with 30 second break in between rounds 		<p>C - When players get the ball from the dribbler what foot surface should they use to get the ball in the hideout?</p> <p>P - The laces, inside, and outside of the foot.</p> <p>C - What should players do to prevent the bandit from entering the hideout?</p> <p>P - Get in between the bandit and the hideout.</p>
Activity 4	<p>Get "Outta" There in 2's or 3's: (8 minutes)</p> <p>In a 15Wx20L yard grid. The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with a small goal on each end line. The coach serves a ball into the grid and 2 players from each team try to gain possession and score in their opponent's goal. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there" and all the layers leave the field.</p> <p>Coach: Can make the games 1v2, 2v2, 2v3 or 3v3. Coach should vary the service to different areas of the field</p> <ul style="list-style-type: none"> Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between 		<p>C - Which part of the foot should players shoot with if they are far away from the goal?</p> <p>P - Laces</p> <p>C - Why would players need to shoot with their toe?</p> <p>P - To disguise their shot or to get a shot off quickly.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx30Lyards with a 5 yard space between them in order to keep the majority of your team playing.	25 minutes

U8



Week 7

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Protect, Turn or Get Tagged: (7 minutes) In a 15Wx20L grid, put the players in groups of 2. One is the tagger the other is the protector. The tagger scores 1 point by throwing his/her ball and hitting the protector's ball or by the protector dribbling the ball out of bounds. Switch players after 1.5 minutes.</p> <ul style="list-style-type: none"> Play 5 rounds of 1 minute each with 30 second break in between rounds 		<p>U8: Checking for Understanding</p> <p>Coach (C) – What part of the foot should players use to strike the ball? Player (P) – The inside of the foot for short distance, the laces for power</p> <p>C - How can players avoid being tagged? P – By looking around, jumping, and changing direction.</p>
Activity 2	<p>Doctor, Doctor: (8 minutes) In a 15Wx20L (no out of bounds, try and keep players close) Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the opposing team with their soccer balls below the knee. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over. Coach should be the DOCTOR first.</p> <ul style="list-style-type: none"> Play 3 rounds of 2 minute each with 1 minute break in between rounds 		<p>C - When should players try and strike the ball towards someone else? P - When they are close enough to have control over their shot.</p> <p>C - Why should players continue dribbling and changing directions before striking the ball toward another player? P - To get closer to the target and to allow for more accurate shots.</p>
Activity 3	<p>1vs.1 – Dribble Through the cones: (8 minutes) In a 15Wx20L grid. Place 2 cone goals about 2-3 yards apart as shown in the graphic. Each player starts at his/her goal. The server plays the ball in and the two players compete to dribble the ball through the opponent's goal. Play a round and switch the servers and the dribblers.</p> <ul style="list-style-type: none"> Play 6 rounds of 1 minute each with 30 second break in between rounds 		<p>C – What surface of the foot should players use to dribble the soccer ball? C – The inside, outside or the laces.</p> <p>Q - What can players do to prevent the dribbler from scoring? P – Get between the dribbler and the cone.</p>
Activity 4	<p>4 Corner Shooting: (8 minutes) In 15Wx20L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside and in the middle with all the balls. The game starts when the coach serves the ball onto the field. Players need to get off the field quickly and get back in line.</p> <p>Variation: Add a GK</p> <ul style="list-style-type: none"> Play 4 rounds having all the players go 3 times/round with a 30 seconds rest between rounds. 		<p>C – What surface of the foot should you use to dribble? P – The inside and outside to change direction, and laces to move forward.</p> <p>C – What part of your foot should you use to try pass and score? P – Inside, outside or laces.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx30Lyards with a 5 yard space between them in order to keep the majority of your team playing.	25 minutes

U8



Week 8

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>6 Surfaces: (7 minutes) in a 15Wx20L grid. Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion and in this order: Outside, Inside, Laces, Bottom, Toe and Turn with the Heel. Transfer the ball from the right to left foot after the turn. When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: Outside of the foot touch - Inside of the foot touch - Laces push - Stop with bottom and - Push with the toe, Turn with the Heel and Change foot. Play 3 rounds of 2 minutes with a 30 seconds in between • Play 6 rounds of 1 minute each with 20 second break in between rounds</p>		<p>Coach (C) - What parts of the foot do players use to change directions? Player (P) - Inside, outside and heel C - Why should touches be small in distance? P - To keep close control and allow more touches on the ball</p>
Activity 2	<p>Gate Problems: (8minutes) In a 15Wx20L yard grid, place several gates of 1.5 yards each. You need more gates than pairs. The coach will tell the players how they can score through the gates. The first pair to 10 will win the round. Each round has a different task that makes the players cooperate in problem solving: Complete 2 passes in every gate, etc. Variation: After every gate the players will find a new partner. • Play 3 rounds of 2 minutes with 1 minute break between rounds</p>		<p>C - When should the player with the ball pass it to his partner? P - Only after his partner is in position on the opposite side of the gate. C - Why would players want to face a little bit sideways when passing the ball? P - To use the outside of the foot closest to the gate.</p>
Activity 3	<p>Gates Passing with Bandits: (8 minutes) In a 15Wx20L grid, Get the players in pairs with a ball. Have the pairs start counting passes through the gates. Select 2-3 players to be the "Bandits". They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 2-3 minutes each. Challenge the players to improve their score. • Play 3 rounds of 2 minutes with 1 minute break between rounds</p>		<p>C - Which surface of the foot should players use to pass? P - Inside, toe or laces if facing your partner. C - Where should the player receiving the ball take their first touch? P - Toward the next gate with either the inside or outside of the foot</p>
Activity 4	<p>3v3 Dribbling Through the Goal: (8 minutes) In 20Wx30L yard grid with a 6-7yrd goal at each end, Place three cones behind each end zone, place two players of the same team by each cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each cone comes out to play 3v3. The game is over when one team scores by dribbling the ball though the goal. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line. • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds</p>		<p>C - When is it a good time to try to score? P - Any time you see an open goal. C - Why is it sometimes better for players to go backwards rather than forwards? P - Both of the goals are blocked and they are trying to attack from a different angle.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx30Lyards with a 5 yard space between them in order to keep the majority of your team playing.	25 minutes

U8



Week 9

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Cops and Robbers I: (8 minutes)</p> <p>In a 15Wx20L grid. The coach sets up 8-10 stand up (tall) cones. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. Guards will prevent the robber from knocking the cone down. The Coach starts as the guard, and then selects players to be the guard.</p> <ul style="list-style-type: none"> • Play 3 rounds of 2 minutes with 1 minute break between rounds 		<p>Coach (C) - What parts of the foot can players use to change direction?</p> <p>Player (P) - Inside or outside for side to side and/or bottom to turn back.</p> <p>C - When should players run forward with the ball?</p> <p>P - When they see an open bank.</p>
Activity 2	<p>1vs.1 – Dribble or Shoot: (8 minutes)</p> <p>In a 15Wx20L grid place several goals about 6-7 yards apart as shown in the graphic. Each player starts at his/her goal. The server plays the ball in and the two players compete to either score by dribbling for 10 points or shooting for 5 points or through the goal. for a game. Play a round and switch the servers and the dribblers.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minutes with 20 seconds of break between rounds 		<p>C – What surface of the foot should players use to pass the ball through the cones?</p> <p>P – The inside, outside, laces or the toe.</p> <p>C - When should a player take a shot?</p> <p>P - When they have a clear path to goal and they think they can shoot accurately</p>
Activity 3	<p>2vs.2 – Dribble or Shoot: (8 minutes)</p> <p>In a 15Wx20L grid place two or three set of goals about 6-7 yards apart as shown in the graphic. Each player starts at their goal. The server plays the ball in and the two players compete to either score by dribbling for 10 points or shooting for 5 points or through the goal. Play a round and switch the servers and dribblers.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minutes with 20 seconds of break between rounds 		<p>C - When should players pass instead of shoot?</p> <p>P - When they do not have a clear path to goal, or they see their teammate has time and space</p> <p>C - Where should players who do not shoot move to?</p> <p>P - Into areas surrounding the goal for rebound attempts</p>
Activity 4	<p>3v3 to 2 Goals: (8minutes)</p> <p>In a 20Wx30L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 3v3. The game is over when one team scores or the ball goes out of bounds. Players need to get off of the field quickly and get back to their cones.</p> <ul style="list-style-type: none"> • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C – Why would players dribble instead of pass or shoot?</p> <p>P- To maintain possession of the ball and allow teammates to get into better scoring positions</p> <p>C - Where should teammates without the ball be moving to support the ball?</p> <p>P - On the right or left of the player in possession, away from defenders</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx30Lyards with a 5 yard space between them in order to keep the majority of your team playing.	25 minutes



Stage	Activity Description	Diagram	Checking for Understanding
Warm Up	<p>Paint the Field- Passing: (12 Minutes) In pairs, players will pass the soccer ball back and forth in a 20Wx30L yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint a line in their favorite color. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. Variation: Tell the players to use their other foot</p> <ul style="list-style-type: none"> • Play 5 rounds of 2 minutes with 30 seconds break between rounds. 		<p>Coach (C) – What surface of the foot should players use to receive the ball? Player (P) – The inside, outside, or bottom of the foot. C – What surface of the foot should you strike the ball to make a pass? P – The Inside of the foot for a short pass the laces for a longer pass.</p>
Game 1	<p>4v4 to End Zones: (16 Minutes) In a 20Wx30L yard grid, place an End Zone of tow yard wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.</p> <ul style="list-style-type: none"> • Play 2 rounds of 7 minutes with 2 minute break between rounds. 		<p>C – What surface of the foot should players use to dribble? P – The inside, outside, and laces. C – When should players run forward with the ball? P – When there is space in front of them or only one defender to beat.</p>
Activity 3	<p>4v4 Hit the Ball Off the Cone: (16 Minutes) In a 20Wx30L yard grid with a 2 yard end zone, place 3 soccer balls on top of three cones. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone. Scoring: Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1point No players are allowed in the end zone.</p> <ul style="list-style-type: none"> • Play 2 rounds of 7 minutes with 2 minute break between rounds. 		<p>C – Where should players redirect the ball when they receive it? P – To open space away from defenders. C – Why should players play the ball backward instead of forward? P – They cannot score right away, and are looking to change the angle of attack</p>
Activity 4	<p>4v4 to 2 Goals: (16 Minutes) In a 20Wx30L yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p> <ul style="list-style-type: none"> • Play 2 rounds of 7 minutes with 2 minute break between rounds 		<p>C - Where should teammates be when supporting the player with the ball? P – On the right or the left of the player in possession C – Why should players move away and then to the ball? P – To create space to dribble and pass for both the player in possession and themselves.</p>
Match	4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx30Lyards with a 5 yard space between them in order to keep the majority of your team playing.	
			25 minutes